

**Amendments to the Claims:**

*This listing of claims will replace all prior versions, and listings, of claims in the application:*

1. (Currently Amended) A support system for a pair of spectacles comprising:

an item of headwear ~~to be supported directly on a wearer's head~~ including a portion which ~~, when in use,~~ projects beyond a circumference of ~~[[the]]~~ a wearer's head ~~of the wearer~~ above the eyes; and

one or more support members connected to the projecting ~~portion and~~ portion, ~~each support member having means at the or each~~ a free end for detachable connection to temple arms of a pair of spectacles; spectacles, the support members providing a lifting action on the temple arms and reducing a pressure exerted on a nose of the wearer by the spectacles.

~~wherein the support members are configured to reduce a force directly exerted on the wearer by the spectacles.~~

2. (Previously Presented) A support system as claimed in claim 19, wherein the rods are flexible.

3. (Currently Amended) A support system as claimed in claim 1, wherein the support members are adjustable for length ~~and/or~~ or position on the projecting portion.

4. (Currently Amended) A support system as claimed in claim 3, wherein the support members are adjustable by bending ~~and/or~~ or stretching.

5. (Previously Presented) A support system as claimed in claim 3, wherein the support members are adjusted at the connection point to the projecting portion.

6. (Canceled)

7. (Canceled)

8. (Currently Amended) A support system as claimed in claim 1, wherein while the wearer is wearing the headwear ~~headwear~~, the ends of the support members ~~can be folded~~ are configured to be foldable against the projecting portion when ~~not in use~~ the free ends of the support members are not attached to the temple arms.

9. (Previously Presented) A support system as claimed in claim 1, wherein the support members are constituted by a single piece attached to the projecting portion and having free ends for connection to the temple arms of the pair of spectacles.

10. (Previously Presented) A support system as claimed in claim 1, wherein the support members are constituted by two or more separate elements.

11. (Previously Presented) A support system as claimed in claim 1, wherein the free end of the support members are formed as a hook for connection to the temple arms of the pair of spectacles.

12. (Previously Presented) A support system as claimed in claim 11, wherein at least the end portion of the support members are flexible so as to be formable into the hook.

13. (Previously Presented) A support system as claimed in claim 1, wherein the free ends of the support members comprise magnets to connect to the temple arms of the pair of spectacles.

14. (Previously Presented) A support system as claimed in claim 13, further comprising a magnetically attractive element for location on the temple arms of the pair of spectacles.

15. (Previously Presented) A support system as claimed in claim 13, wherein magnetically attractive elements are provided in the projecting portion such that while the wearer is wearing the headwear ~~headwear~~, the magnets in the support member free ends ~~members can be~~ are configured to be attachable to the magnetically attractive elements in the projecting portion to hold the support members held out of the way adjacent to the projecting portion when ~~not in use~~ the support members are not attached to the temple arms.

16. (Previously Presented) A support system as claimed in claim 1, wherein catch elements are provided in the projecting portion such that while the wearer is wearing the headwear ~~headwear~~, the support members can be held ~~out of the way~~ adjacent to the projecting portion when ~~not in use~~ not attached to the temple arms.

17. (Canceled)

18. (Canceled)

19. (Previously Presented) A support system as claimed in claim 1, wherein the support members are formed as rods.

20. (Previously Presented) A support system as claimed in claim 1, wherein the support members are formed as strings.

21. (New) A Support system as claimed in claim 19, wherein the support members are configured to resist lateral movement of the spectacles.

22. (New) A support system as claimed in claim 1, wherein at least one of the support members connects to the projecting portion via a resistive hinge.

23. (New) A support system as claimed in claim 19, wherein the rods are made of brim reed.

24. (New) A support system as claimed in claim 1, wherein there is more than one support member for detachable connection to each temple arm.